Swampy Cree Suicide Prevention Team

Jitender Sareen MD
Associate Professor of Psychiatry
University of Manitoba
Email: sareen@cc.umanitoba.ca
www.suicideresearch.ca

Acknowledgements:
Winnipeg Regional Health Authority
Canadian Institutes of Health Research

Outline

- Describe need for a team approach
- Team members
- Aims of project

Causes of First Nations Suicide on reserves

- Very high rates of suicides among youth on reserves
- Complex problem due to:
  - Individual issues
  - Family issues
  - Community issues
    - Colonization
    - Jurisdiction issues (federal vs. provincial)
  - Cultural
    - Traumatic events
    - Residential school
    - Loss of culture
  - Physical factors

Suicide Prevention

- Primary prevention
  - Healthy communities
  - Healthy families
- Secondary Prevention
  - Screening programs
  - Gatekeeper training
- Tertiary Prevention
  - Treating people who have attempted suicide

Overall Process of Research

- Community representatives will guide the work throughout the process
- Aim to understand causes of suicide
- Aim to understand best methods of suicide prevention
- Potential for future funding and intervention studies
- Build capacity within communities

Team

- Swampy Cree Tribal Council
  - 8 First Nations Communities
- University Based investigators
- International Consultants
Swampy Cree Suicide Prevention Team

1. Cree Nations Tribal Health Centre
2. Swampy Cree Tribal Council representatives
3. First Nations and Indian Health Branch
4. University of Manitoba researchers
5. International consultants

**Aim #1**

Understanding Swampy Cree Tribal Council and provider perspectives on risk factors and suicide prevention strategies
- Key informant interviews
- Focus groups
- Individual interviews
- To inform the design of new interventions and to ground existing interventions to compliment First Nations cultural frameworks

**Aim #2 - Risk Factors of Suicidal ideation and Attempts**

- Manitoba First Nations Regional Longitudinal Health Survey
  - age, 12-17: n=1197

- American Indian Service Utilization, Psychiatric Epidemiology, Risk and Protective Factors Project
  - Age 15-57: n=3,084
Aim # 3

- To identify optimal primary and secondary prevention strategies that have the greatest evidence base and will be acceptable
  - Parenting programs
  - School based screening
  - Gatekeeper training

Aim # 4

- Adapting evidence based psychotherapies to be culturally grounded and deliverable in remote communities

Developing partnerships to create a First Nations and University Suicide Prevention Team in Manitoba (2007-2012)

May 21 2008